## **WEEKLY ACTIVITIES**

Mon., Sept. 20: 10:00 a.m. - 30-Day Meditation Challenge

2:00 p.m. - Cupcake BINGO!! 💣 🐨 🐨

Tues., Sept. 21: 10:00 a.m. - 30-Day Meditation Challenge

2:00 p.m. - Pets-n-Popcorn (Let's watch an animal movie!)

**Hosanna Community:** 

Wed., Sept. 22: 10:00 a.m. - 30-Day Meditation Challenge

2:00 p.m. - Art with Mary

Thu., Sept. 23: 10:00 a.m. - 30-Day Meditation Challenge

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2:00 p.m. - Cooking with Beth

Fri., Sept. 24: 10:00 a.m. - Exercise Class

2:00 p.m. - At-Home, Inside Bowling!



Today, my fellow friends and readers, I'd like us all to consider that there is absolute joy to

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be found in the presence of the Lord. Therefore, when anyone is wasting time feeling sad, try to spend it anticipating happiness and joy. As you take the long hard journey to heaven, you certainly will encounter many positive and negative aspects. Pain and struggle are often productive lesson builders. All in all, earthly afflictions will happen, but remember His promised reward: eternal joy in heaven. John 16:22 clearly reminds us of the joy we seek from His presence. It reads:



"Therefore you may have sorrow, but I will see you again and your heart will rejoice, and your joy, no one will take from you"

Heavenly guaranteed throughout eternity.









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Sub sandwich lunch, thanks to Beth!















